

Harvest of the Month



Michigan **Nutrition** Network
at Michigan Fitness Foundation



Botanical name: *Fragaria virginiana*

STRAWBERRIES

**Circle all meals on
the menu that have
strawberries.**

- How many did you find?
- How many times are strawberries in the meals served for lunch? Breakfast?
- What is your favorite way to eat strawberries?

EAT STRAWBERRIES

Nutrition Facts

Serving Size: ½ cup strawberries, sliced (83g)	
Calories 27	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%



Strawberry Word Search

Find the words below in the puzzle. Look up, down, sideways, and backwards.

S U O I C I L E P I C E R I
H T U V R C R P R G D B E R
E E R D O N I E E O D E K H
Y E Z A P S E E D S V S M T
B W A S W D E T N A S L K I
V S C N Y B A S E E U R I U
B R A S P B E R R Y A I N R
S K S R L F N R A R C P R F
R S N B C A L I R E S E Y W
I B W S N K S O H Y T N L A
T I K I Y R R E B K C A L B
A G B W V E T R O Y I C A L
T H D A A B L U E B E R R Y
Q I E X O I I E M R L R A N

STRAWBERRY

BIG

SEEDS

BLUEBERRY

SWEET

CROP

BLACKBERRY

RED

RECIPE

RASPBERRY

FRUIT

RIPEN

Reasons to Eat Strawberries:

Eating a ½ cup of strawberries will give you lots of vitamin C. Vitamin C helps your body heal cuts and wounds. It can also help your body fight infection. You can enjoy strawberries fresh, frozen, and even dried – and with any meal or snack!

Vitamin C Champions*:

Bell peppers, broccoli, cantaloupe, cauliflower, citrus fruit (like oranges and grapefruit), kiwifruit, leafy greens, and strawberries.

*Vitamin C Champions are an excellent source of vitamin C (provide at least 20% Daily Value).

How Much Do I Need?

A ½ cup of sliced strawberries is about four large strawberries. This is about one cupped handful. The amount of fruits and vegetables you need depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need. Eating the right amount of fruits and vegetables every day will help you grow healthy and strong. You also need to get at least 60 minutes of physical activity every day!

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

Test Your Strawberry IQ

(answers below)

- On average, there are about _____ tiny seeds on every strawberry.
A) 25 B) 100 C) 200 D) 500
- Strawberries are the highest in which vitamin?
A) Vitamin A B) Vitamin B₆ C) Vitamin C
- Which state produces the most strawberries in the United States?
A) Ohio B) Florida C) Colorado D) California

Answers: 1. C; 2. C; 3. D



Funded by USDA Supplemental Nutrition Assistance Program through State of Michigan. These institutions are equal opportunity providers and employers. For food help contact the Michigan Food Assistance Program Hotline: (855) ASK-MICH.